



Bergen County Health Promotion Resource Center

The Health Resource Letter

March/April 2005

Health Fact Corner

Did you know the Merriam-Webster Dictionary defines insecticide as "an agent that destroys insects." It was introduced into the International Scientific Vocabulary in 1865. So where did this word come from?



The use of the English word "insect" was recorded in 1601. It comes from the Latin insectum, the neuter form of insectus, past participle of insectare to cut into. The other part of the word "cide" comes from Middle French, from Latin -cida, from caedere to cut, kill. Even words and their definitions have histories.



There are over 2 thousand insecticide products registered for outdoor residential use by the U.S. Environmental Protection Agency, Office of Pesticide Programs. But over 4 thousand insecticide products are registered for indoor residential use.

- US Environmental Protection Agency,
<http://www.epa.gov/kidshometour/activities/puzzler.htm>

APRIL IS NATIONAL YOUTH SPORTS SAFETY MONTH

Millions of children are injured each year due to their participation in sports and fitness activities. Many of these injuries could be prevented with the utilization of safety resources. The following is a sample of resources available through the Health Promotion Resource Center to include as part of your National YSS Month activities.

Bicycle Safety Camp

Produced by the American Academy of Pediatrics this video covers proper helmet use, "how to" select a bike, as well as bike maintenance. Five kids at bike safety camp must demonstrate rules of safe biking to pass the course. Much of the music is rap for grades K - 4. Dated 1989.

*VHS, 25 minutes
Request: AV IC12*

The Official Kids Safety Quiz

Produced in cooperation with the National Safety Council and Johnson & Johnson, this video includes safety topics on traffic, bicycling, fire safety and emergency response. The video features a substitute teacher and U-2-B, a robot alien who moderates an educational quiz show for students. Dated 1988.

*VHS, 30 minutes
Request: AV IC24*

PREVENTION FIRST

Millions of people are unintentionally poisoned every year. A poison is any substance that can cause an unintended symptom. Young children often explore floors and lower cupboards. They are naturally curious and will put everything they discover in their mouths. Most accidental poisonings occur when children try to clean with household products. The ***You Be Safe*** video demonstrates with cartoon characters, U B Safe and his friends, how children in grades K - 3 can avoid accidental poisoning hazards.

*VHS, 10 minutes
Request: AV IC20*

Exploring Air Pollution is a 13-day program for Grade 5, that describes the impact people make on air quality and the importance of taking responsibility for reducing and preventing air pollution. ***Exploring Air Pollution*** is part of the "Healthy Environment - Healthy Me" curriculums which, provide children grades K - 6 the knowledge and understanding for creating a safe and healthful environment at home, in their workplace/school and in their communities.

Exploring Air Pollution curriculum *Request: CG ME5*

Accompanying VHS videos: ***Keeping the Lid on Air Pollution*** *Request: AV ME5*
The Inside Story of Air Pollution. *Request: AV ME7*

Health Promotion Resource Center

Bergen County Department of Health Services

327 E. Ridgewood Avenue, Room 301 • Paramus, New Jersey 07652-4895

www.bergenhealth.org • (201) 634-2703 • ccaporrino@co.bergen.nj.us

Program conducted under the auspices of Bergen County Executive Dennis McNerney and the Board of Chosen Freeholders



Health Publications

March/April 2005

The brochures described below are free to residents of towns contracting with the Department of Health Services for health education. Please complete the form at the bottom of the page to receive a single copy. For information on multiple copies, call 201-634-2703.

Playing It Safe Is Cool: Water Helps Beat the Heat - Stay safe with tips and warning signs of heat-related illnesses. Learn how to keep cool with tips including when is the best time of day to exercise outside, what to wear, and drinking at least every 20 minutes during an activity.

Safe Bicycle Riding in NJ - The Division of Highway Traffic Safety instructs students to wear a helmet for safety practices and because it's the law. The brochure provides tips on safe riding and information on the penalties of violating the law.

Tips for Safe Bicycle Riding: Ages 5-10 - Wearing bright clothing so that others can see a rider is just one of 8 tips this bookmark lists for safe riding.

Lead Poisoning and Your Children - Long term effects of lead in a child can be severe. Learn how to reduce the risk of lead poisoning with several important tips and precautionary cleaning methods. The brochure includes a poster for the home. Available in English and Spanish.

I am interested in receiving the following materials:

Brochures

- Playing It Safe Is Cool: Water Helps Beat the Heat*
- Safe Bicycle Riding in NJ*
- Tips for Safe Bicycle Riding: Ages 5-10*
- Lead Poisoning and Your Children (English)*
- Lead Poisoning and Your Children (Spanish)*

Curriculum/Videos

- Bicycle Safety Camp - AV IC12*
- The Official Kids Safety Quiz - AV IC24*
- You Be Safe - AV IC20*
- Exploring Air Pollution with videos - CG ME5*
Videos: AV ME5 and AV ME7

Name: _____

School/Organization: _____

Street address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____ Email: _____

Mail your completed form to:

Health Promotion Resource Center / Bergen County Department of Health Services
327 E. Ridgewood Avenue, Room 301 • Paramus, NJ 07652-4895

Forms may also be faxed to 201-986-1068, *ATTN: Resource Center*
For information on multiple copies, call 201-634-2703.

Please check here if your mailing address label was incorrect.

The Health Promotion Resource Center offers information and health promotion materials such as **videos for loan** and accompanying **handouts** on a wide range of health issues to residents of towns contracting with the Department of Health Services for health education. Residents are invited to call their health educator at (201) 634-2600, or the Resource Center at (201) 634-2703.

Video Borrowing Policy

- Up to two videos may be borrowed at one time.
- Videos may be borrowed for a period of 10 business days.
- A \$50 personal or business check or voucher (school or other) is required as a deposit for each video that is borrowed.
- School personnel can call to inquire about courier delivery.